

STRONGFORT'S MONTHLY

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DEVOTED TO PHYSICAL AND HEALTH CULTURE

Founded by
Lionel Strongfort

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Strongfort's Monthly was founded to teach the people the Truth about their Minds and Bodies; to protect their Physical and Mental Welfare; to spread broadcast the Health and Strength-building Principles of Scientific Muscular Activity, Hygiene and Sensible Living; to flash the Light of Knowledge in the Dark Places of Ignorance; to oppose Prudery, Deceit, Hypocrisy and Oppression; to state the Truth without reservation, to safeguard the Public and bring Physical Culture and Drugless Methods to an ethical standard, so that this Profession may enjoy the Public's full confidence.

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The Sun Never Sets On STRONGFORTISM

The postmark on the envelope that brought you this issue of Strongfort's Monthly reads: "Newark, New Jersey, U. S. A." Maybe that is only a few hundred, or perhaps it is thousands of miles away. As you read this and reflect that Strongfortism has thus been brought to your own home; to your own locality and to your own environment, some idea of the tremendous scope of this instruction is revealed to you.

The sun never sets on Strongfortism!

North or South—across the oceans—in the Eastern and Western Hemispheres—everywhere—you will find people like yourself who are taking advantage of sound and scientific body building methods regardless of how or where they live. They, too, receive mail postmarked: "Newark, New Jersey, U. S. A." To some it is only a vague geographical term with its only significance being that it is the central hub at which this teaching originates.

Every country in the world has adopted Strongfortism as the logical, reliable and result-getting method of attaining vitality, energy and dynamic Health and Strength.

It is by no means confined to the English-speaking peoples. Each mail that leaves the Strongfort Institute sees scores of lessons translated into German and Spanish, enroute to Pupils in far-distant countries who have discovered that information about body building can be sent them in their native tongues.

Today, as the light of the sun swept from east to west about the earth it found thousands of Strongfort Pupils enlisting the basic laws of Nature in carefully directed development methods and to their rapid physical betterment.

Far to the North where the rugged terrain of Alaska and upper Canada is locked in a glimmering expanse of snow and ice, are followers of Strongfortism who are conditioning their bodies against the bone-chilling gales. They realize that a vigorous circulation of blood is a better protection against cold than a fur-lined coat.

And yet, down along the same parallels of latitude to Panama, Colombia, Venezuela, Central America and the Indies, are adherents to Strongfortism. Here the air is heavy with the sweltering stillness of the tropics. Healthy skin pores and sound organic efficiency throughout is Nature's safeguard against the fevers and ailments that are characteristic of equatorial climates.

The sunlight moves around the sphere and finds the Strongfort Pupils in Australia and the Hawaiian Islands as well as in the Philippines, arising to the robust vim of another day in health and happiness.

Others in China, New Zealand, the Guineas and the Straits Settlements are beginning the day with Strongfortism.

Then the British Isles, Germany, Austria-Hungary and France, move out of the mantle of darkness and Pupils can be found everywhere adapting themselves to a fascinating regime of exercise and rules of right living which require but a few minutes of that day's time and yet bring a priceless reward in soundness of mind and body.

The colonies of South and East Africa are no strangers to Strongfortism. Even Egypt, with its history dating back beyond the memory of Mankind, has its twentieth century disciples of the most modern and yet most fundamental of body building methods.

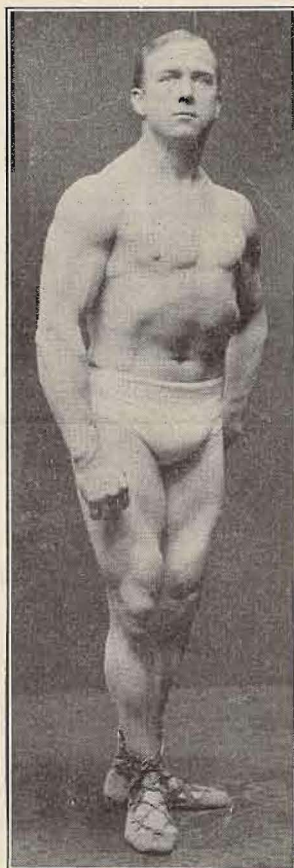
Spain knows its Strongfortism in its own language.

Then over the vast depth and breadth of the United States thousands of Pupils of all ages and in all walks of life—in the city and on the farm—carry out the advice and individual information which came to them in those sealed envelopes postmarked: "Newark, New Jersey, U. S. A."

The Strongfort Information Form is more than a questionnaire. It is a vital photograph of the Pupil which gives the necessary and salient facts by means of which a Course can be adapted to his particular needs. Geography and living conditions are always taken into consideration. Years of teaching experience and personal travel in many countries makes it possible to bring the principles of Strongfortism home to YOU! Distance is no barrier; nationality is no obstacle; living habits and customs are no handicap. Strongfortism can be applied to YOU in YOUR OWN HOME!

Proof of this is evinced in countless letters of praise and thanks which have been received in the past and which arrive with each incoming mail.

Therefore, as you ponder over the postmark on the envelope that brought you this issue of Strongfort's Monthly, read just a few of the names and addresses of enthusiastic Strongfort Pupils who, like yourself, have received correspondence marked: "Newark, New Jersey, U. S. A."



LIONEL STRONGFORT

Dr. Sargent of Harvard University declared Lionel Strongfort to be unquestionably the finest specimen of physical development he had ever seen.

ARGENTINA

My dear Mr. Strongfort:—

I am unable to express to you my very sincere appreciation, because to you and Strongfort methods solely, I owe my recovery from stomach troubles and constipation which I have been suffering for more than thirteen years, although I have consulted some of the best doctors of this city without results.

I congratulate you on the surprising success you have had in my case, and I wish that your system were better known for the good of humanity.

With sincerest good wishes,

Antonio Castagnola.
Santa Fe, Argentine Republic, S. A.

RIO DE JANEIRO

Dear Mr. Strongfort:—

I am more vivacious both physically and mentally and have acquired more self-control. The trouble in the bowels from which I formerly suffered has altogether disappeared, and I am not so liable to catch cold. I find my body better proportioned, my complexion clearer and my general appearance very much improved. In short, your Course made a New Man of me, for which I beg to tender you my gratitude.

Ruy Porto Da Silva Jardim.
Rio de Janeiro, South America.

COLOMBIA

Dear Mr. Strongfort:—

I herewith want to thank you for your wonderful Course.

I have positively overcome my Sexual Trouble and Head-noise and I no longer have a voracious appetite. My eyes have also cleared up. I am pleased to say that my body has taken on a display of muscles, especially on my chest and abdomen.

Your sincere Pupil, Rudolph Cornish.
El Prado Club, U. F. Co., Santa Marta.

HAWAII

My dearest Mr. Strongfort:—

Namely:—Weakness, Nervousness, Night Losses, Headaches are overcome. My physical constitution is entirely changed from a run-down state to a vigorous body full of Life and Energy.

Before I took up Strongfortism I was worried and nervous all the time. After a month with your Course, I finally found a pit where in I imprisoned those old familiar ailments. Add my name to your list of "Saved by Strongfortism."

Your Pupil, Vincent de Leon.
Niumalu Hotel, Honolulu, Hawaii.

PHILIPPINE ISLANDS

Dear Mr. Strongfort:—

I have received wonderful benefits from your Course. No Colds, no Indigestion, no tired feelings, no worry, no Discouragement, no Constipation, no Skin Disorders, no Fear for Failure or whatever since then.

Sound sleep, restful, happy, hopeful, bright, optimistic, altruistic, ambitious, active, strong, vigorous in body, mind and morale. In other words, I have easily acquired magnetic voice and magnetic Personality with your Course. I am slowly becoming a giant figure in public speaking debates, and in the art of Oratory and also in Leadership. Primarily, I owe all these benefits to you. I cannot thank you enough for these benefits.

Your Pupil now and forever,
Gregoria Y. Yabes.
28 Rizal St., Vigan, Ilocos Sur, P. I.

WISCONSIN

My dear Mr. Strongfort:—

I am following your Instructions faithfully and I'm improving rapidly. I am up to my fifth lesson, and my developments are gaining in inches. I congratulate you in every way for helping me improve my Weakened and Broken-Down condition.

Your faithful Pupil, W. A. Lund.
Ellis Ave., Peshigo, Wisconsin.

CALIFORNIA

Dear Mr. Strongfort:—

I am beginning to feel like a New Man, in fact the best I have felt in a good many months. My wife says I've got too much Pep. My waist-line has lost half inch already and I've put that on my Chest. I've noticed an increase in my arms. In fact my whole body seems to bulge. Since I've started my Course I have an appetite like a bear. My wife likes the diet also, and I am sure it will give her plenty of rich milk for the Baby. He sure is a bouncer, nine weeks old and weighs fourteen pounds.

Your Pupil, O. W. Stevens.
1317 South 8th St., Fresno, Cal.

NEW YORK

Dear Mr. Strongfort:—

My development, thanks to you, is entirely satisfactory. My mother has always said that I was born puny and that I was not meant to be strong and healthy, but she is beginning to change her mind since I started your Course in Strongfortism.

Very truly yours, Elmer H. Lundell.
926 Newland Ave., Jamestown, N. Y.

ILLINOIS

Dear Mr. Strongfort:—

Since starting your Course in Strongfortism my Health has improved to a great extent. I had a Cold that lasted all winter last year. This winter I had but one that lasted only a few days. My Chest has deepened and broadened, my Stomach Muscles stand out, and the rest of my body is also built up. My Knock-Knee is almost a thing of the past, as is also my old habit of breathing through the mouth. I got rid of my Eczema, and my Complexion is better.

Yours for success, David E. Hilgers.
2152 Sunnyside Ave., Chicago, Ill.

ARIZONA

Dear Mr. Strongfort:—

Some years ago I took your Course and benefited greatly thereby. I had a very poor chance at that time to exercise properly and to follow your instructions to the letter, but in spite of that I have derived very material benefit from it.

Your pupil, Lewis H. McLellan, D. C.
108 Chandler Court, Mesa, Arizona.

ARKANSAS

Dear Mr. Strongfort:—

I want attempt to brag on your Course, I knew what I was going to get when I bought it—the best. I wouldn't have any other. My Constipation is all gone now. Rupture doesn't bother me any more, I feel fine. My muscles have grown too, and I'm hard as a brick, thanks to you.

My father who was Ruptured (in the same place as I) is taking your rupture exercises, and says they are helping him. His is a very serious rupture.

Your Pupil, Guy R. Bragg.
West End Station, Pine Bluff, Ark.

OHIO

Dear Mr. Strongfort:—

Am enjoying the Course in Strongfortism fine. The Ulcer is entirely gone, Constipation gone, Numbness in my right arm is much better and I think my Ruptures are healing up. The larger one of the two seems to be healing the faster. I am gaining in weight somewhat. My face is much fuller and eyes getting brighter.

Very truly yours, Leroy B. Huffaker.
P. O. Box 81, Middlefield, O.

PENNSYLVANIA

My dear Mr. Strongfort:—

I am a different man now, than I was before enrolling for your Course. Those who know me are jealous of my wonderful Arms and Body. I owe everything to you, Mr. Strongfort. I'm only sorry that I did not take your Course 15 years back.

Your faithful Pupil, W. Komosinski.
Box 56, Creighton, Penna.

CONNECTICUT

Dear Mr. Strongfort:—

I am getting along fine and enjoy the various exercises that you have sent me. I am in perfect health and believe my chest is in better shape than ever before. I also notice some muscles on my back and shoulders that your exercises put there.

Yours truly, N. A. Mushrall.
Barnum Station, Bridgeport, Conn.

LOUISIANA

Dear Mr. Strongfort:—

I am getting along all right with my lessons, and I believe they are helping me a great deal. I feel better and have already gained about four pounds.

Yours truly, Alvin McKenzie.
Homer, La.

MICHIGAN

Dear Mr. Strongfort:—

I wish to state I have nothing but praise for your system. The main object of my taking your Course was short wind and overweight and after going through the exercises as advised, I have absolute proof of the loss of five inches around my waist-line and a great improvement in chest expansion. This was a great help to me when playing football, which I was unable to play before.

Sincerely yours, Fred Beebe.
R. F. D. No. 1, Trenton, Mich.

TEXAS

Dear Mr. Strongfort:—

I thank you very much for my Course in Strongfortism, with which I am more than satisfied. I congratulate you sincerely on your good and useful work for suffering humanity.

Your pupil, Stroud K. Beardin.
R. F. D. No. 1, Twitty, Wheeler, Texas.

KANSAS

Dear Mr. Strongfort:—

Again I want to thank you for all you and your Course in Strongfortism have done for me. I just had a complete physical examination in which I was pronounced Perfect and the doctor said I was one of the best physical specimens he had ever examined. I am planning on entering College this fall as well as taking flying training, and my best asset will be a good Body.

Yours very truly, Maurice Wells.
Box 221, Ottawa, Kan.

ENGLAND

Dear Mr. Strongfort:—

I must thank you for the help and personal interest you took in my case, and I think, if you were to see me now, you would feel that it has not been in vain. I feel fine, my back is straight and my limbs are strong, my arms are well shaped and my chest is bigger, my eyes and complexion are clear. Oh! I feel fine, plenty of go and life, etc. You may be sure that I will keep on with my Course and keep on keeping fit.

Wishing you and Strongfortism the very best Success, and may you help many more as you have helped me.

Yours sincerely, L. E. Leeding.

599 Bordesley Green,
Little Bromwith, Birmingham.

IRELAND

Dear Mr. Strongfort:—

It gives me much pleasure to inform you that I have just completed my Course in Strongfortism, and results attained are just as claimed.

Not only are the exercises a pleasure, but they greatly improve the Health and Physique of any individual, and are one of Nature's most beneficial Tonics. Before starting the Course, I was Physically weak, suffering from Nervousness, thus causing Insomnia, lack of energy, and a pimply complexion. Since the completion of my Course in Strongfortism, I feel 100% improved, more self-confident, and my complexion denotes Healthful living. The irksome complaints have all vanished. I have made an increase in all-round development, and I may say that Strongfortism is worth its weight in gold. The beauty of the Course is the simple way everything is explained and illustrated.

With regard to the Resistance-Increasing Dumbbells, they are the most ingenious device invented, they will last a Life-time, and are so easily adjusted to meet the needs of the whole Course.

In conclusion, I recommend Strongfortism to all seeking Health, which will never come through medicine bottles.

Your Pupil, J. Dawson.

39 Fullers Avenue, Cork, Ireland.

SOUTH AFRICA

Dear Mr. Strongfort:—

Although we are many, many miles apart, and I have never seen you in person, I surely number you amongst my dearest friends, and I deem it fitting that I should write a letter of appreciation and heartfelt thanks.

I started your Course in Strongfortism with faith and determination to succeed, and I have accomplished what I set out to do. I am no more a victim of Secret Habits, my Night Losses are a thing of the past; I am not troubled with Dizzy spells, and my Bowels work regularly every day. My Complexion is perfectly clear and so are the whites of my eyes.

I firmly believe that your Course and your Resistance-Increasing Dumbbells are well worth their weight in gold. If you could have seen me a few months ago you would have marvelled at the results I have obtained. I now take up boxing, swimming and long distance running.

The great feature of the Strongfort Course is the Individual Instruction each pupil receives. I grant you the privilege of using this humble letter of appreciation and gratitude, and owe you more than I can ever repay.

A Strongfort Pupil, Leslie Taylor.

c/o M. Michael,

86 Harrison St., Johannesburg.

AUSTRALIA

Dear Mr. Strongfort:—

Your lessons Nos. 1 to 5 inclusive are to hand. I wish to state that I have thoroughly enjoyed going through the Course.

Just prior to taking up your Course in Strongfortism, I had to go before a Medical Board for examination of the Heart for pension purposes. Apparently they considered that my Heart was not correct and my pension was still kept on after the examination. As I have been feeling decidedly better lately I went to a Doctor last week and asked him to examine my Heart. This Doctor knew that my Heart was not too good and was a very surprised man indeed when he concluded that he had to advise me that my Heart was back to normal once again. So you see that your Course has certainly been a great help to me and I feel that I must write and tell you about it.

Thanking you for past favours, I am,

Yours truly, A. R. Hutton.

"Euroa," Gladstone, Queensland, Australia.

WESTERN AUSTRALIA

Honourable Mr. Strongfort:—

Your Course is very valuable and I am more than satisfied with it. The photos are just what I have been looking for for years. It seems to me that many courses rely too much on the written word; whereas I always have held that, the absence of a complete photographic depiction of the various movements is bewildering. Your Course is certainly perfect.

Yours for health, Spencer Smith.
205 Ninth Ave., Inglewood, W. A.

NEW ZEALAND

Dear Mr. Strongfort:—

I have received with very much regret your last Course of Instructions that leads to the most valuable possession that any human being can own—abundant Health and Strength, which can only come through your methods of teachings. As I have stated before, I have tried many physical instructors but to no avail and was about to go back to doctors when I started your Course. From your very first lesson I started to derive great benefit, and if your charges were three times greater than what they are, your Course would be worth it.

I was suffering from Catarrh and weak nerves before starting your Course and I am glad to state that there is no sign of either of them now. You may show this letter to the whole world if you like. I cannot express in words just how grateful I am to you and I only hope that you will be spared many more years that you may help many thousands more.

Your very satisfied Pupil,

Norman N. Giles.

Westmere Estate, Grey Lynn, Auckland.

CHINA

Dear Mr. Strongfort:—

As I intended to better my health, I enrolled for your Course three months ago. During the time I enrolled I was a weakling, suffering from Sleeplessness and Underweight. Now I have found myself 100% better than I was. Your Course in Strongfortism is simple and easy to perform. Today I have a good Digestion and Complexion, and enjoy better health. In conclusion, I have to say that I should strongly recommend Strongfortism as most useful to those who may wish themselves health and strength.

Your Faithful Pupil, Ng Ying Cheong.
Kin Cheong Firm, 14 Queen's St., Hongkong.

CANADA

Dear Mr. Strongfort:—

I cannot tell you in plain words all your Course has done for me. It seems to have made a New Man out of me altogether both physically and mentally; my Nervousness has almost entirely disappeared and I seem to have an unlimited reserve of Energy, besides gaining nearly ten pounds in weight. My shoulders seem much bigger and broader.

Your Pupil, A. Carter.

889 Eastern Ave., Toronto, Ont.

GREECE

My dear Mr. Strongfort:—

Two specialist doctors examined my whole body yesterday and said to me, "Mr. Alex, can you tell us how you succeeded to have such a body and organs?" I said to them, "Only Mr. Lionel Strongfort knows it," and they asked about you many different questions and when we finished, they said that they would like to have my Course, but I refused it to them. I said if they wanted to take your Course, they should leave their positions and follow you. I asked them to give me a certificate showing what they found on and in me. They undersigned it saying that I am a Perfect human specimen.

I have followed your instructions for three months. All my disorders disappeared, especially my great feeling of fear; my stomach doesn't produce any more gases and my heart moves regularly. I feel entirely like a young boy.

But should we stop here: As long as you can help the suffering humanity, why can't you help the poor Greeks who are ignorant and die every day without knowing that in America is the Greatest Man, Mr. Strongfort, who can save millions of lives.

I thank you for all you have done for me.

Alexander Georgouloupoulo.
64 Aristodemos Street, Calamata.

INDIA

Dear Mr. Strongfort:—

I have finished the "Course in Strongfortism" some eight months back, and for the change and development of my physical feature entailed thereof I render my heartfelt thanks to you.

I have become a New Man indeed, in spite of my delicate health and laborious studies when I took up your Course. I have achieved another aim of my life in becoming a lawyer with your health and strength giving help. My change has been noticed by all my friends, whom I have pleasure to tell how I got it.

I am married now and it is a happy one. I here again repeat my thanks to you.

Your grateful Pupil, Thaung Hline.
No. 4 Shafraz Rd., Rangoon-Burma, India.

CUBA

My dear Mr. Strongfort:—

With the aid of my Course in Strongfortism, I am glad to tell you that I am living now the healthiest and happiest days of my life, because the "Weak Vitality" of which I was suffering before I started myself in your Course has been completely overcome. I have also developed my physical symmetry.

I am very grateful to you, and it will be a great pleasure to me to recommend you to anyone in order to overcome the ailment I had.

Since June 1925 I graduated as M. D. and as I said before I always observe your System and recommend it. I am

Joseph Torres, M. D.
Juan Delgado 19, Vibora, Havana, Cuba.

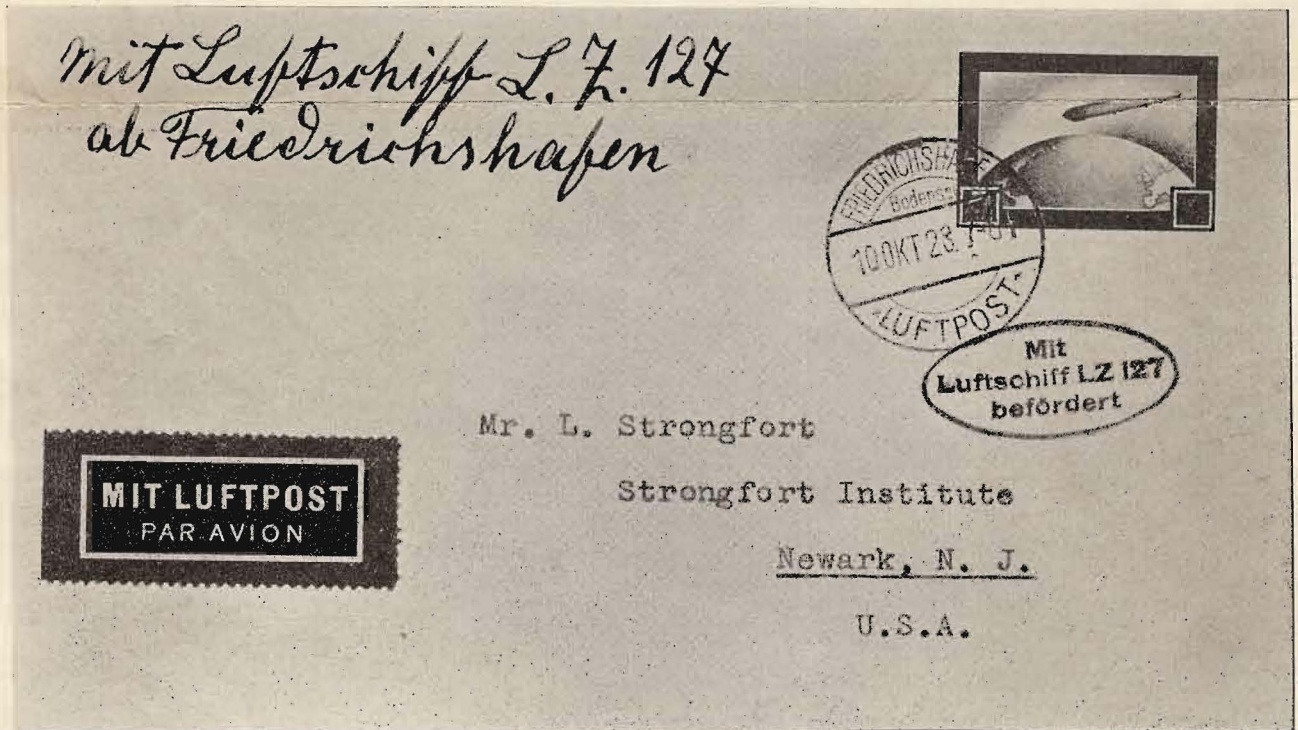
GRAF - ZEPPELIN

World's Greatest Airship

BRINGS FIRST LETTER

Across Atlantic Ocean

TO LIONEL STRONGFORT



The above illustration is an actual reproduction of a letter received by Lionel Strongfort from Germany via the giant German dirigible GRAF-ZEPPELIN.

Needless to say it is almost priceless because it came with the **FIRST REAL POST OFFICE CONSIGNMENT OF MAIL** to be carried across the Atlantic Ocean by airship. Quite naturally Mr. Strongfort feels very proud of this letter.

But after all, it is only another striking demonstration of Mr. Strongfort's international fame. He is known by, corresponds with and successfully teaches pupils in every civilized country in the world. Every mail carries letters from and to friends and pupils in every corner of the earth—every Central and South American Country, Canada, England, Ireland, Scotland, Germany, Austria, France, Spain, Italy, Persia, Arabia, The East Indies, Australia, India, South Africa, China, Japan, The Philippines, Hawaii and even far north Alaska.

Every means of postal communication is used in carrying mail to and from Mr. Strongfort's office—steam and electric trains, ocean steamers, river packets, camels, dog sleds, aeroplanes, and now by airship over the deep and wide Atlantic. Some letters are but a few hours en transit. Others take as long as seven and eight weeks. Yet despite the fact that some pupils are so far away as to take two months for mail to reach them it in no way prevents those pupils from gaining the same wonderful benefits from the Strongfort Course as those who live right in Mr. Strongfort's home town.

LIONEL STRONGFORT INSTITUTE

Lionel Strongfort, Director

Newark, N. J., U.S.A.